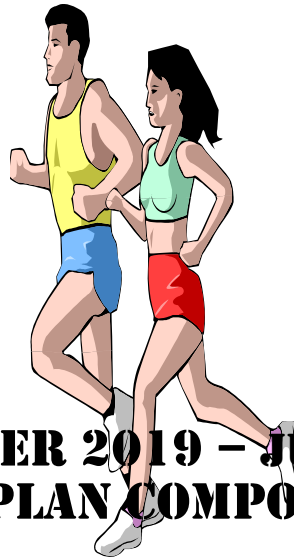


PHYSICAL EDUCATION & SPORT



**SEPTEMBER 2019 – JULY 2020
YEAR PLAN COMPONENTS**

GRADES 7 – 11

TERM 1						
Date	Week	GRADE				
		7	8	9	10	11
September 9 to October 5, 2019	Weeks 1 to 3	1. Introduction to the Nature & Meaning of Physical Education & Sport <ul style="list-style-type: none"> - Definition - Importance of - Skills developed - History 	1. The Nature & Meaning of Physical Education & Sport <ul style="list-style-type: none"> • History & Development • Health - Definition - Relationship to fitness • General and Specific Fitness - Components 	1. The nature and meaning of Physical Education & Sport <ul style="list-style-type: none"> • History and Development - The Olympic Movement - Caribbean history • Anatomy & Physiology - the Skeletal System - the Muscular system 	1. Course and Examination Requirements <ul style="list-style-type: none"> - CXC 2. History & Development <ul style="list-style-type: none"> - Relationship between Physical Education and Sport - Major historical development in Physical Education and Sport - The relationship among the local, regional and international Sport organisations. 	1. Examinations & Course Requirements <ul style="list-style-type: none"> - CXC 2. SBA Portfolio /Class Project <ul style="list-style-type: none"> - SBA submission - Class Project submission

<p>Nov 11 to Dec 2019</p> <p>Weeks 9 to 12</p>	<p>2. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • Personal Hygiene <ul style="list-style-type: none"> - Definition - Importance - Relationship to health - Integumentary system • First Aid <ul style="list-style-type: none"> - Definition • Health <ul style="list-style-type: none"> - Definition 	<p>2. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • First Aid <ul style="list-style-type: none"> - Definition - History • Personal Hygiene <ul style="list-style-type: none"> - Application - Principles - History 	<p>2. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • Anatomy & Physiology <ul style="list-style-type: none"> - The structure and organization of the Human body - The Skeletal System • Fitness and Performance <ul style="list-style-type: none"> - Definition - Components 	<p>3. SBA Portfolio /Class Project</p> <ul style="list-style-type: none"> - Role selection/grouping - Event/Topic Selection - Introduction of the Class Project - Submission <p>4. Anatomy & Physiology</p> <ul style="list-style-type: none"> - The Skeletal System - The Muscular System - The Circulatory System 	<p>3. Health and Nutrition</p> <ul style="list-style-type: none"> - Define Health-Related terms - Nutrients and the main food groups - Evaluate different types of diet
<p>October 7 to Nov 8 ,2019</p>	<p>3. Games & Sport</p> <ul style="list-style-type: none"> • Netball • Football - Laws/ Rules - Dimensions - Playing Areas 	<p>3. Games & Sport</p> <p>Football</p> <p>Netball</p>	<p>3. Games & Sport</p> <ul style="list-style-type: none"> - Football, - Netball, - Athletics 	<p>5. Anatomy & Physiology</p> <ul style="list-style-type: none"> - The Respiratory System 	<p>3. Practical Option(s)</p> <ul style="list-style-type: none"> • Option A <ul style="list-style-type: none"> (a) Dance (b) Gymnastics (c) <i>Martial Arts/Combative Sports</i> (d) Swimming

Weeks 4 to 8	<ul style="list-style-type: none"> - Players Skills Development 	Athletics		<ul style="list-style-type: none"> - The Nervous System - The Digestive System - The Excretory System - The Integumentary System <p>6. Practical Options</p> <ul style="list-style-type: none"> - Preparation for 1st Sport Option and Assessment of sport skill - Football - Netball <p>7. SBA Portfolio /Class Project</p> <ul style="list-style-type: none"> - Implementation of Class Project - 1st Draft Submission 	<p>(e) Track and Field/Athletics</p> <ul style="list-style-type: none"> • Option B (a) Badminton (b) Golf (c) Squash (d) Table Tennis (e) Tennis <ul style="list-style-type: none"> • Option C (a) Basketball (b) Cricket (c) Football (d) Hockey (e) Netball (f) Rugby (g) Volleyball (h) <i>Softball/Baseball</i>
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TERM 2					
<p>January to February 2019</p> <p>Weeks 1 to 4</p>	<p>4. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • First Aid <ul style="list-style-type: none"> - Principles • Health & Nutrition <ul style="list-style-type: none"> - Identify Caribbean Food Groups - Identify Major Nutrients 	<p>4. Health, Safety and Well-Being</p> <ul style="list-style-type: none"> • First Aid <ul style="list-style-type: none"> - Principles - History • Health & Nutrition <ul style="list-style-type: none"> - Caribbean Food Groups - Major Nutrients sources 	<p>4. Health, Safety and Well-Being</p> <ul style="list-style-type: none"> • First Aid <ul style="list-style-type: none"> - Principles - History - Emergency treatment and actions • Health & Nutrition <ul style="list-style-type: none"> - Major Nutrients - Impact on performance - Training plan 	<p>8. Fitness and Performance</p> <ul style="list-style-type: none"> - The major principles of training and conditioning - The Major methods of training <p>9. Practical Options</p> <ul style="list-style-type: none"> - Preparation for 2nd & 3rd Sport Options and Assessment of sport skills - volleyball - Athletics 	<p>6. Trends and Social Issues</p> <ul style="list-style-type: none"> • Evaluate various issues related to Physical Education and Sport. <p>7. Examination Preparation</p> <ul style="list-style-type: none"> • Past Papers
<p>February to March, 2019</p> <p>Week 5 to week 9</p>	<p>7. Movement Education</p> <ul style="list-style-type: none"> - Time - Flow - Body awareness <p>8. Games & Sport</p> <ul style="list-style-type: none"> • Athletics • Cricket • Dance Education <ul style="list-style-type: none"> - History - List Rules/Laws - Dimensions 	<p>5. Movement Education</p> <ul style="list-style-type: none"> - Time - Flow - Body awareness <p>6. Games and Sport</p> <ul style="list-style-type: none"> • Athletics • Cricket • Dance Education <ul style="list-style-type: none"> - History 	<p>7. Movement Education</p> <ul style="list-style-type: none"> - Time - Flow - Body awareness <p>8. Games and Sport</p> <ul style="list-style-type: none"> • Athletics • Cricket • Dance Education <ul style="list-style-type: none"> - History - Apply Rules/Laws 	<p>10. SBA Portfolio /Class project</p> <ul style="list-style-type: none"> - Evaluation - 3rd Draft Submission - Final Copy Submission <p>11. Fitness and Performance</p> <ul style="list-style-type: none"> - Designing simple short-term training plans for improving fitness and performance 	<p>8. Examination Preparation (Past Papers)</p>

TERM 2					
	<ul style="list-style-type: none"> - Playing Areas - Players - Skills Development 	<ul style="list-style-type: none"> - Observe Rules/Laws in competitive situations - Refine and increase techniques/Skill development 	<ul style="list-style-type: none"> - Refine skill development 	<ul style="list-style-type: none"> - The body's response to training - Factors that affect performance 	<p>12. Practical Options</p> <ul style="list-style-type: none"> - Preparation for 3rd Sport Option and Assessment of sport skills - Badminton - Cricket - volleyball

TERM 3						
Date	Week	GRADE				
		7	8	9	10	11
		<p>9. The nature and meaning of Physical Education & Sport</p> <ul style="list-style-type: none"> - History 	<p>9. The Nature & Meaning of Physical Education & Sport</p> <ul style="list-style-type: none"> • History & Development 	<p>9. The nature and meaning of Physical Education & Sport</p> <ul style="list-style-type: none"> • History and Development 	<p>3. Course and Examination Requirements</p> <ul style="list-style-type: none"> - CXC - PHHS 	<p>1. Examinations & Course Requirements</p> <ul style="list-style-type: none"> - CXC - PHHS

TERM 3						
Date	Week	GRADE				
		7	8	9	10	11
Weeks 1 to 2		<ul style="list-style-type: none"> - Revision of the definition of Physical Education & sport - Identify careers associated with Physical Education and Sports 	<ul style="list-style-type: none"> • Health - Definition - Relationship to fitness • General and Specific Fitness - Components 	<ul style="list-style-type: none"> - The Olympic Movement - Caribbean history • Anatomy & Physiology - the Skeletal System - the Muscular system 	<p>4. History & Development</p> <ul style="list-style-type: none"> - Relationship between Physical Education and Sport - Major historical development in Physical Education and Sport - The relationship among the local, regional and international Sport organisations. 	<p>4. SBA Portfolio /Class Project</p> <ul style="list-style-type: none"> - SBA submission - Class Project submission
	April to May ,2019		<p>10. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • Personal Hygiene - Definition 	<p>10. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • First Aid - Definition - History 	<p>13. Health, Safety and Well-being</p> <ul style="list-style-type: none"> • Anatomy & Physiology 	<p>14. SBA Portfolio /Class Project</p> <ul style="list-style-type: none"> - Role selection/grouping - Event/Topic Selection

TERM 3						
Date	Week	GRADE				
		7	8	9	10	11
Weeks 3 to 4		<ul style="list-style-type: none"> - Importance - Relationship to health - Integumentary system • First Aid - Definition • Health - Definition 	<ul style="list-style-type: none"> • Personal Hygiene - Application - Principles - History 	<ul style="list-style-type: none"> - The structure and organization of the Human body - The Skeletal System • Fitness and Performance - Definition - Components 	<ul style="list-style-type: none"> - Introduction of the Class Project - Submission 15. Anatomy & Physiology - The Skeletal System - The Muscular System - The Circulatory System 	<ul style="list-style-type: none"> - Evaluate different types of diet
April to May 2019		11. Movement Education <ul style="list-style-type: none"> - Spatial Awareness - Force/Balance/Transference of weight 	11. Movement Education <ul style="list-style-type: none"> - Spatial Awareness - Force/Balance/Transference of weight - Body awareness 	7. Movement Education <ul style="list-style-type: none"> - Balance - Time - Flow 	16. Anatomy & Physiology <ul style="list-style-type: none"> - The Respiratory System - The Nervous System 	4. Practical Option(s)

TERM 3						
Date	Week	GRADE				
		7	8	9	10	11
Weeks 4 to 8		<ul style="list-style-type: none"> - Body awareness - Create modern dances using steps from cultural dances for presentation. <p>12. Games & Sport</p> <ul style="list-style-type: none"> • Volleyball • Handball • Basketball <ul style="list-style-type: none"> - History - List Rules/Laws - Dimensions - Playing Areas - Players - Skills Development 	<ul style="list-style-type: none"> - Create modern dances using steps from cultural dances for presentation. <p>12. Games & Sport</p> <ul style="list-style-type: none"> • Handball • Volleyball <ul style="list-style-type: none"> - History - Observe Rules/Laws in competitive situations - Refine and increase techniques/Skill development 	<ul style="list-style-type: none"> - Design and Perform expressive dance sequences using numerous types of stimuli with increased creativity and form <p>8. Games & Sport</p> <ul style="list-style-type: none"> • Volleyball, • Handball, <ul style="list-style-type: none"> - Apply concepts to cope with new and varied skill difficulties and to cooperate with others in regular practice in order to refine techniques 	<ul style="list-style-type: none"> - The Digestive System - The Excretory System - The Integumentary System <p>17. Practical Options</p> <ul style="list-style-type: none"> - Preparation for 1st Sport Option and Assessment of sport skill - Football - Netball <p>18. SBA Portfolio /Class Project</p> <ul style="list-style-type: none"> - Implementation of Class Project - 1st Draft Submission 	